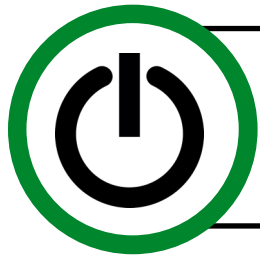Name _____

Date _____

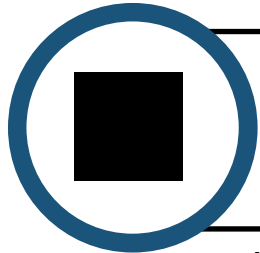# Start, Stop, Continue, Change Activity

Choose one thing you want to *Start*, *Stop*, *Continue*, and *Change* in your program and answer the questions for each section to identify your role at improving the program.

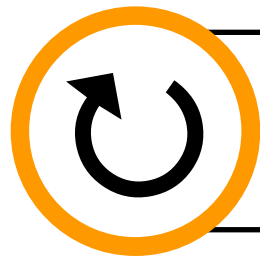| | **What do you want to start doing in your program?** | **Barriers to starting this? What do you have control over?** | **Action What are you able to do?** |
|---|---|---|---|
| | | | |

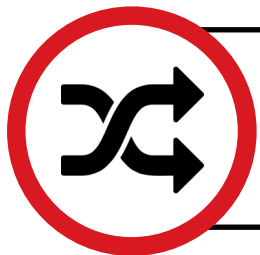| | **What do you want to stop doing in your program?** | **Opportunities to stop this? What do you have control over?** | **Action What are you able to do?** |
|---|---|---|---|
| | | | |

| | **What's working in your program and you want to continue?** | **Opportunities to continue this? What do you have control over?** | **Action What are you able to do?** |
|---|---|---|---|
| | | | |

| | **What do you want to change in your program?** | **Barriers to change this? What do you have control over?** | **Action What are you able to do?** |
|---|---|---|---|
| | | | |